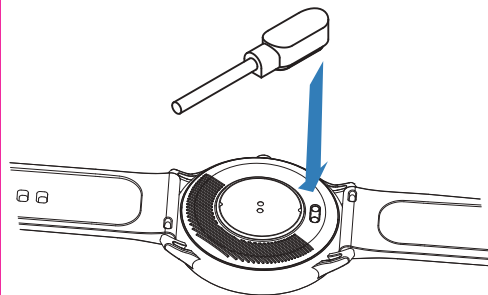# USER MANUAL
SMART BRACELET

Downloading the App

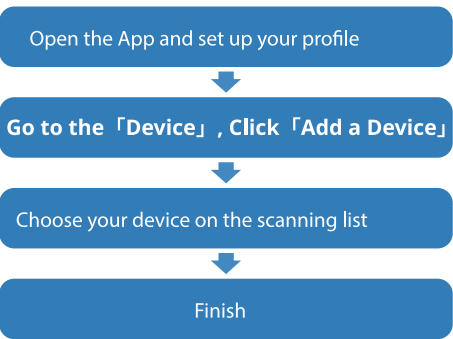Scan the following QR code, download and install the App.

Scan QR Code and Download

Charging and Active

Charging the device to active before the first time using;
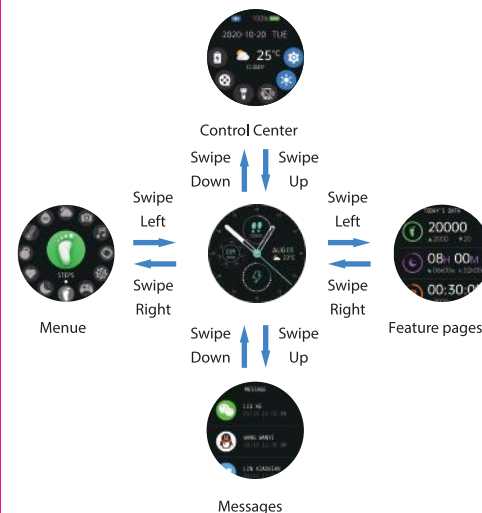To charge your device, plug the charging cable into the adapter or USB port on your computer.

Pairing

Open the App and set up your profile
Go to the「Device」, Click「Add a Device」
Choose your device on the scanning list
Finish

The MAC address on the "Setting"-"About" page could help you identify your device on the scanning list.

Use the Touch Screen

Control Center
Swipe Down / Swipe Up
Swipe Left / Swipe Right
Menue
Swipe Left / Swipe Right
Feature pages
Swipe Down / Swipe Up
Messages

Smart Watch Features

Sleep
If you keep wearing Smart Watch in your sleep , it can provide the hours slept and quality of sleep stats on both the screen and the APP.
NOTE: Sleep stats reset to zero at 8:00 pm.

Heart Rate Test
The Smart Watch could record your heart rate all day.
You also could tap on the page to start measuring heart rate.

Smart Watch Features

Sports
Smart Watch automatically tracks Steps taken on the screen.
NOTE: Your movement stats reset to zero at midnight.

Training
Tap the training icon on the menu to start a new training measure recording, there are 8 sport modes to be chosen.
The last training recording will be shown on the training page.

Smart Watch Features

Blood Pressure Test
Tap on the blood pressure page to start measuring your blood pressure.
On the blood pressure page, It can show the blood pressure measured data of the last times.

SpO2 Test
Tap the SpO2 page to start measuring your SpO2.
On the SpO2 page, It can show the SpO2 measured data of the last times.

Smart Watch Features

Weather
It could show the weather info of current and tomorrow on the weather page.
Weather info is synced after connecting with the APP, it will not be updated after a long disconneted.

Messages Reminder
The device can sync incoming notifications from Twitter, Facebook, Whatsapp, Instagram etc.
Recently 5 messages can be stored.
Note: You can switch off/off the incoming notification in the APP.

Smart Watch Features

Remote Shutter
After connecting the device,you can remote contral the camera on your phone.

Player Shutter
After connecting the device,you can remote contral the music player on your phone.

Smart Watch Features

Other Features
Other features include stopwatch, alarm, timer, brightness,mute on/off, theater mode,factory reset, power off and about.

Stop Watch
Tap the start button on stopwatch page to start timing, and tap the stop button to stop timing.

Smart Watch Features

Silent Alarms
Set up the alarm on the APP, the device will vibrate to remind on time.

Theater Mode
The device will turn off the vibration and trun down the brightness when the theater mode is truned on.
Note: You can trun on/off the theater mode in the control center.

Smart Watch Features

Remind to Move
The device will vibrate to remind you to make a relax after 1 hour sittiing.
Note: You can switch on/off the feature in the APP.

Remind to Drink
The smart watch will remind you "Time to Drink Some Water" at the planned drinking time.
Note: You can set the feature in tht APP.

Getting to Know Your Device

1.Using in Wet Conditions
Your device is water-resistant, which means it is rain-proof and splash-proof and can stand up to even the sweatiest workout.
NOTE: Do not swim with your Smart Bracelet. We also don't recommend showering with your wristband; though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your bracelet wet, dry it thoroughly before putting it back on.

2.Using Quick View
With Quick View you can check the time or the message form your phone on your Smart Bracelet without taping. Just turn your wrist towards you and the time screen will appear for a few seconds.

General Info & Specifications

1.Environmental Conditions
Operating temperature: 14℉ to 122℉ (-10℉ to 50℉)
Non-operating temperature: -4℉ to 140℉ (-20℉ to 60℉)

2.Size
Fits a wrist between 5.5 and 7.7 inches in circumference.

3.Disposal and Recycling
Please kindly be aware that it is the consumer's responsibility to properly dispose and recycle Smart Bracelet and accompanying components. Do not dispose of Smart Bracelet with common household waste, the Smart Bracelet unit is considered electronic waste and should be disposed of at your local electronic equipment collection facility.
For more information, please contact your local electronic equipment waste management authority or the retailer where you bought the product.

Note: This product is not a medical device, and the collected data are not used for medical purposes.
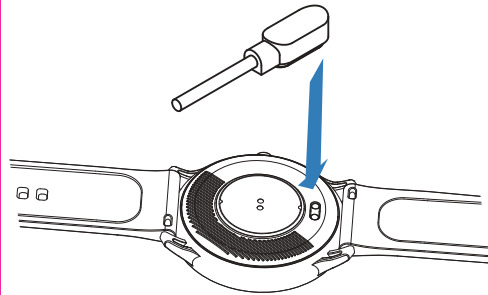
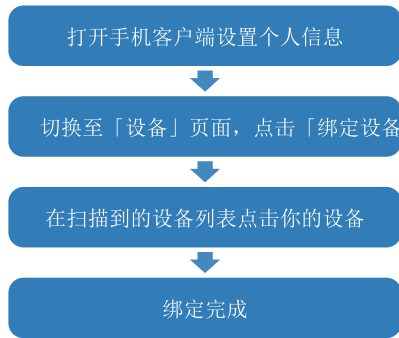# 使用指南
USER MANUAL

手表客户端下载

扫描下方二维码下载并安装手表客户端。

扫码下载手机客户端

手表充电与激活

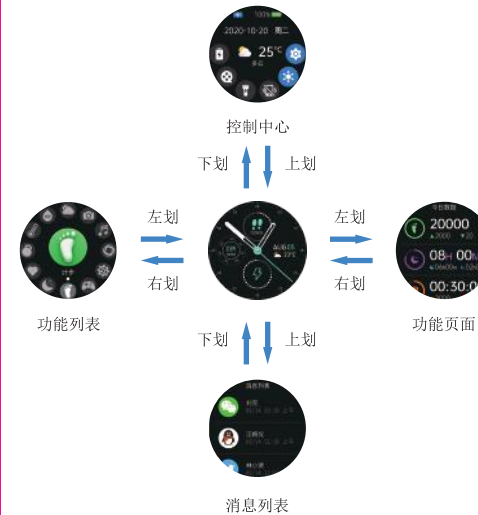首次使用手表之前需要充电激活：
使用配备的磁吸充电器吸附到手表背面的金属触点，充电器
另一端接入USB充电头或者电脑USB接口即可。

在手表设置菜单一关于界面，将显示手表MAC地址，可以通过
设备列表中的MAC地址来确定你的设备；
手表绑定成功后，今后每次打开客户端，手表会自动与手机连
接，在客户端数据页面下拉可以同步数据。

连接手表

打开手机客户端设置个人信息

↓

切换至「设备」页面，点击「绑定设备」

↓

在扫描到的设备列表点击你的设备

↓

绑定完成

手表操作指导

控制中心

下划　上划

功能列表　　左划　左划　　功能页面
　　　　　　右划　右划

下划　上划

消息列表

手表功能简介

睡眠
手表会记录并显示昨夜的睡眠总时长
以及深睡眠、浅睡眠的时长。
更多详细信息分析以及数据记录可以
在客户端中查看。

心率
手表可以记录并显示全天24h心率值。
点击心率界面，可测量当前心率值。
更多详细信息分析以及数据记录可以
在客户端中查看。

手表功能简介

运动信息
手表可记录并显示每天行走的步数、
消耗的热量以及里程信息。
更多详细信息分析以及数据记录可以
在客户端中查看。

锻炼
8种运动模式可供选择，包括：走路、
跑步、骑行、篮球、足球、羽毛球、
跳绳、游泳。
更多详细信息分析以及数据记录可以
在客户端中查看。

手表功能简介

血压
点击血压界面，可测量当前血压值。
更多详细信息分析以及数据记录可以
在客户端中查看。

血氧
点击血氧界面，可测量当前血氧值。
更多详细信息分析以及数据记录可以
在客户端中查看。

手表功能简介

天气信息
天气页面会显示当前的天气、空气质
量信息，以及明日的状况。
天气信息需要连接客户端后才可以获
取数据，如果长时间断开连接，天气
信息将无法更新。

消息推送
手表可以接收显示手机上的通知推送，
可在客户端中设置推送项目开关。
手表消息页面可以储存最近5条消息
记录。

手表功能简介

相机控制
连接手机后，手表可以作为手机相机
遥控器。
在手机上打开相机后，在手表相机控
制页面点击即可触发手机相机快门。

音乐控制
连接手机后，手表可以控制手机音乐
播放器。

手表功能简介

其他功能
手表的其他功能中包含秒表、闹钟、计
时器、音量调节、振动开关、影院模式、
恢复出厂设置、关机操作、关于。

秒表
点击秒表图标，进入秒表功能。

00:08.00

手表功能简介

智能闹钟
在客户端中可以设置手表的智能闹钟，
最多可以设置3个闹钟。
在设定时间时，手表将会显示闹钟图
标并振动。

剧院模式
打开剧院模式后，将关闭手机振动，并
降低屏幕亮度。
可以在手表控制中心设置开关。

手表功能简介

久坐提醒
手表在你久坐1小时后，会提示你起身
走走。
久坐提醒功能可以在客户端中设置开
关。

喝水提醒
手表在计划的喝水时间时，会提示你
该喝水了。
喝水提醒功能可以在客户端中设置。

常见问题与解答

血压数值为什么会跟血压计有偏差？
手表和血压计测量数值出现的偏差是由多种因素决定的，血压
计测量部位是在脏动脉上，手表测量部位是在微动脉的两个主要
分叉，正常情况下主动脉血压测量值和微动脉血压测量值会相
差三到四十；如果你使用手表和血压计同时进行测量，由于动
脉里流动的血液大约在几分钟内的血流，血压计测量时绑带使你的肝正
中以下部分处于受压状态，暂时血液无法顺畅的向下面的动脉
分支流动；血管紧张感增加，将使下上压测量偏差更大。

为什么不能佩戴手表洗热水澡？
洗澡水的温度比较高，会产生很多的水蒸气，而且水蒸气是气
相的，其分子半径小，容易从手表的壳体空隙渗进去，当温度
降下来后又会重新凝结成液相的水滴，容易造成手表内部线路
短路，损伤手表电路板，进而损坏手表。

常见问题与解答

为什么手表接收不到消息推送？
安卓手机设置：
1. 确认在手机客户端开启了消息推送的开关
2. 确认消息在手机通知栏都可以正常显示，手表消息推送是通
过读取手机通知栏进行推送；若手机通知栏没有消息，手
表也无法接收推送。
（需要在手机设置中找到通知设置，开启微信、QQ、电话、短信、
手机客户端的通知开关）
3. 打开手环客户端的辅助功能设置
（在手机设置中找到辅助功能，打开手环客户端的辅助功能设置）

苹果手机设置：
1. 确认在手机客户端开启了消息推送的开关
2. 确认消息在手机通知栏都可以正常显示
（需要在手机设置中找到通知设置，开启微信、QQ、电话、短信、
手机客户端的通知开关）

注：本产品非医疗器械，所监测的数据不作为医疗使用